

Muscles of the lower limb



Mm. cruris
(Crural muscles)

ANTERIOR GROUP

Musculus tibialis anterior

- **ORIGIN:** lateral part of tibia, membrana interossea cruris
- **INSERTION:** base of 1st metatarsal bone, os cuneiforme mediale
- **INNERVATION:** n. fibularis profundus
- **FUNCTION:** dorsal flexion of foot, supination



Musculus extensor hallucis longus

- **ORIGIN:** distal part of fibula, membrana interossea cruris
- **INSERTION:** dorsal aponeurosis of big toe
- **INNERVATION:** n. fibularis profundus
- **FUNCTION:** extension of big toe, dorsal flexion of foot



Musculus extensor digitorum longus

- **ORIGIN:** condylus lateralis tibiae, fibula, membrana interossea
- **INSERTION:** dorsal aponeuroses of 2nd-5th toes, tuberositas ossis metatarsi quinti (m. peroneus tertius)
- **INNERVATION:** n. fibularis profundus
- **FUNCTION:** dorsal flexion of toes and foot, tertius-pronation of foot



LATERAL GROUP

Musculus fibularis longus

- **ORIGIN:** caput fibulae and proximal part of fibula
- **INSERTION:** os cuneiforme mediale, base of 1st metatarsal bone, on the plantar side!
- **INNERVATION:** n. fibularis superficialis
- **FUNCTION:** plantar flexion and pronation of foot, transversal foot vault



Musculus fibularis brevis

- **ORIGIN:** distal part of fibula
- **INSERTION:** tuberositas ossi metatarsi quinti
- **INNERVATION:** n. fibularis superficialis
- **FUNCTION:** plantar flexion and pronation of foot



POSTERIOR GROUP

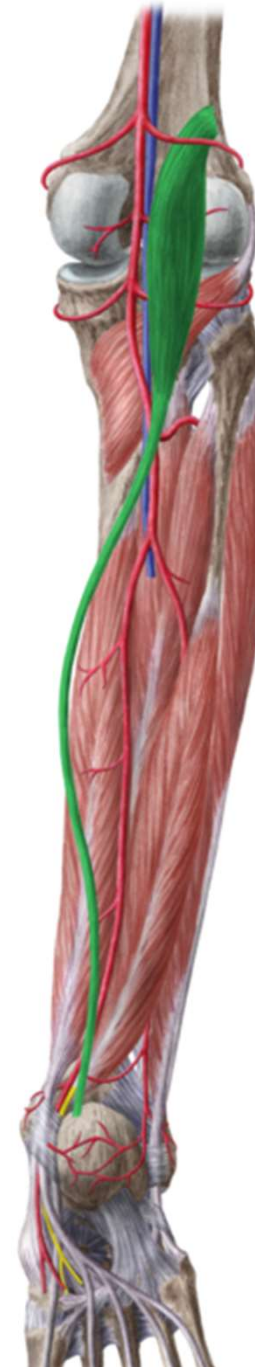
Musculus triceps surae

- ORIGIN: m. gastrocnemius-epikondyly femuru, soleus-caput fibulae a arcus tendineus musculi solei
- INSERTION: tendo calcaneus-tuber calcanei
- INNERVATION: n. tibialis
- FUNCTION: plantar flexion of foot, gastrocnemius-flexion of knee joint



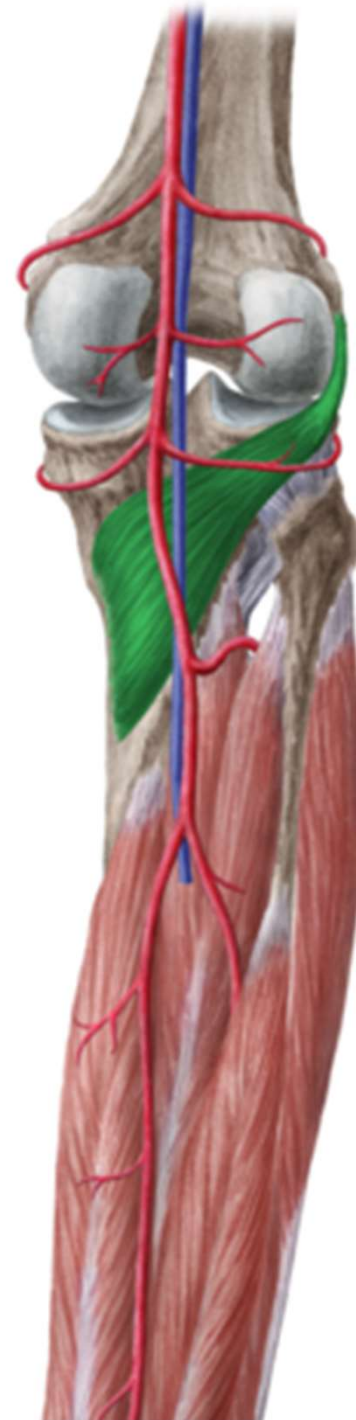
Musculus plantaris

- **ORIGIN:**
epicondylus
lateralis femoris
- **INSERTION:**
tendo calcanei
- **INNERVATION:**
n. tibialis
- **FUNCTION:**
flexion of knee
joint



Musculus popliteus

- **ORIGIN:** epicondylus lateralis femoris
- **INSERTION:** proximally from linea m. solei on tibia
- **INNERVATION:** n. tibialis
- **FUNCTION:** flexion of knee joint



Musculus tibialis posterior

- **ORIGIN:** membrana, tibia
- **INSERTION:** tuberositas ossis navicularis
- **INNERVATION:** n. tibialis
- **FUNCTION:** plantar flexion of foot, foot vault



Musculus flexor digitorum longus

- **ORIGIN:** posterior surface of tibia
- **INSERTION:** distal phalanx of 2nd-5th toes
- **INNERVATION:** n. tibialis
- **FUNCTION:** plantar flexion of foot and toes

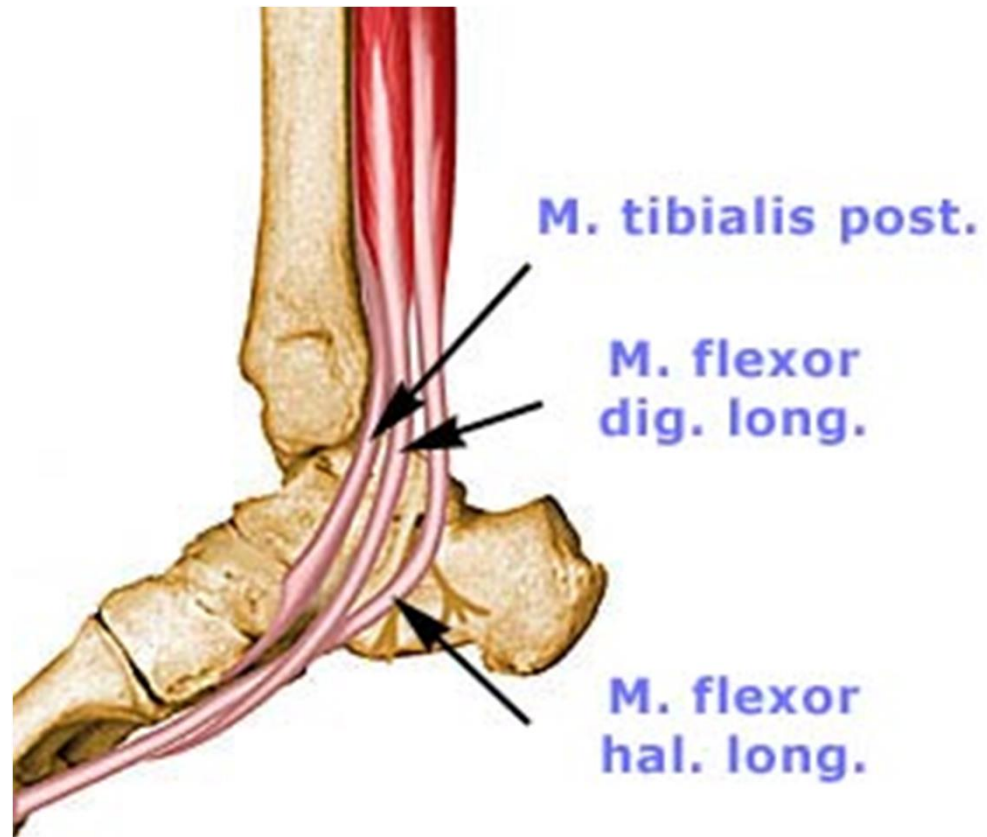


Musculus flexor hallucis longus

- **ORIGIN:** posterior surface of fibula
- **INSERTION:** distal phalanx of big toe, goes together with tendon of m. fdl
- **INNERVATION:** n. tibialis
- **FUNCTION:** plantar flexion of foot and big toe



Behind the medial ankle



Mm. pedis
(Foot muscles)

DORSAL GROUP

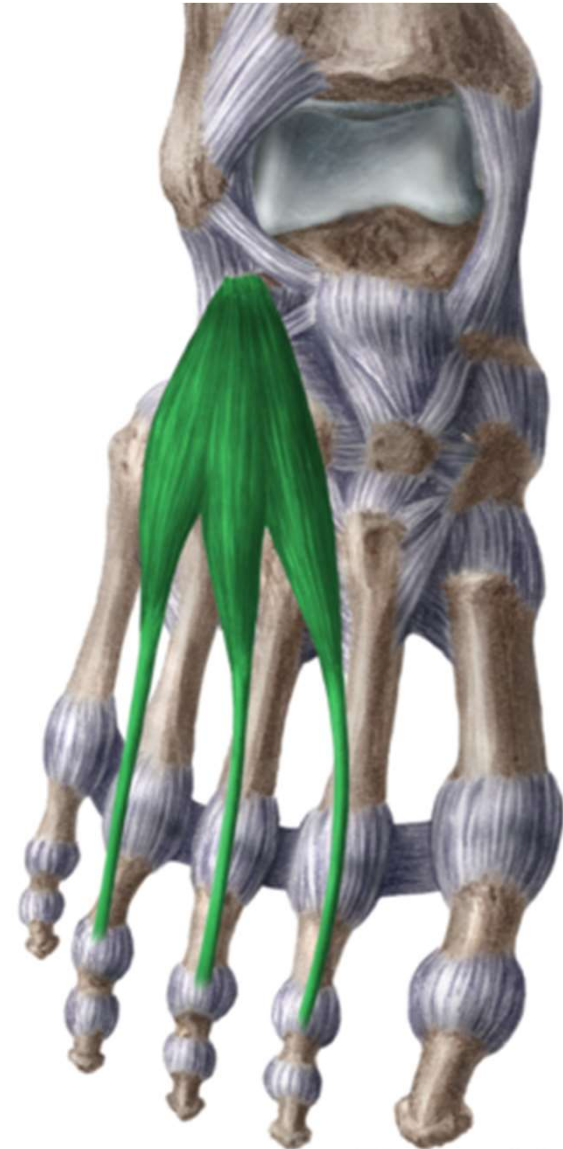
Musculus extensor hallucis brevis

- **ORIGIN:** in area of sinus tarsi
- **INSERTION:** dorsal aponeurosis of big toe
- **INNERVATION:** n. fibularis profundus
- **FUNCTION:** extension of big toe



Musculus extensor digitorum brevis

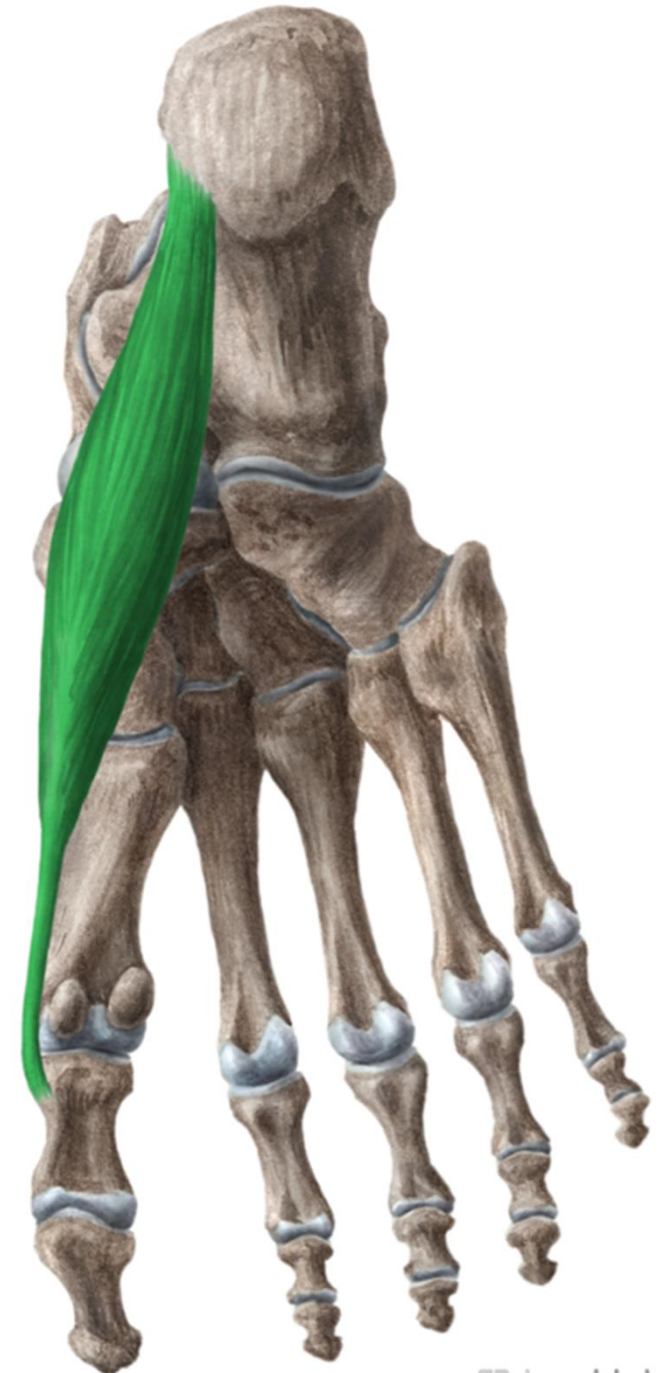
- **ORIGIN:** in area of sinus tarsi
- **INSERTION:** dorsal aponeurosis of the 2nd-4th toes
- **INNERVATION:** n. fibularis profundus
- **FUNCTION:** extension of the 2nd – 4th toes



PLANTAR GROUP

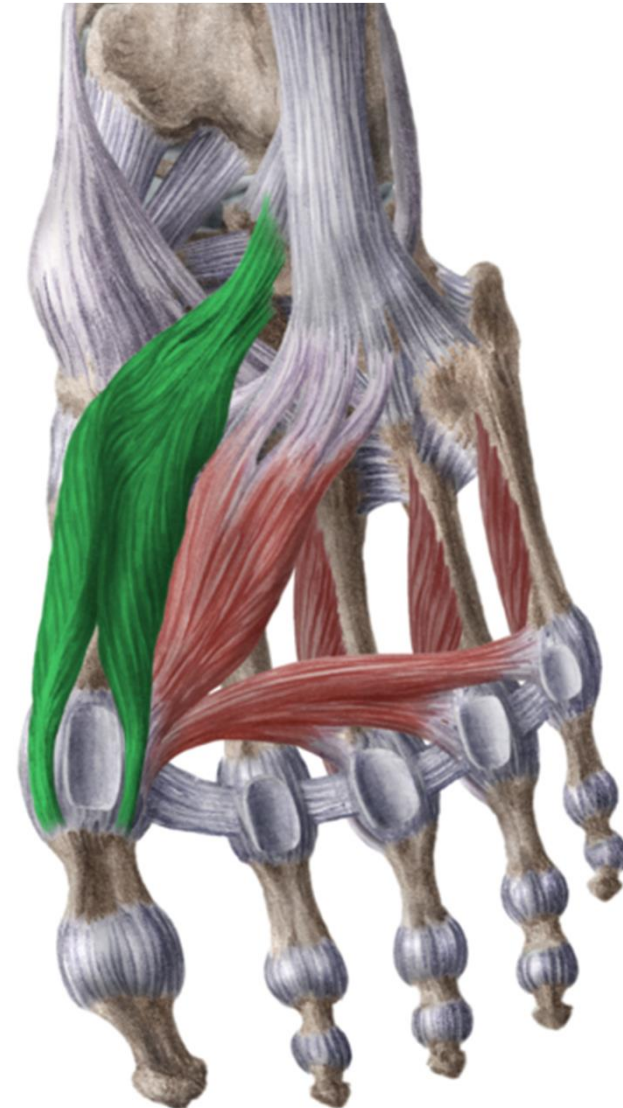
Musculus abductor hallucis

- **ORIGIN:** processus medialis tuberis calcanei
- **INSERTION:** medial sesamoidal bone and base of proximal phalanx of big toe
- **INNERVATION:** n. plantaris medialis
- **FUNCTION:** flexion and abduction of proximal phalanx of big toe



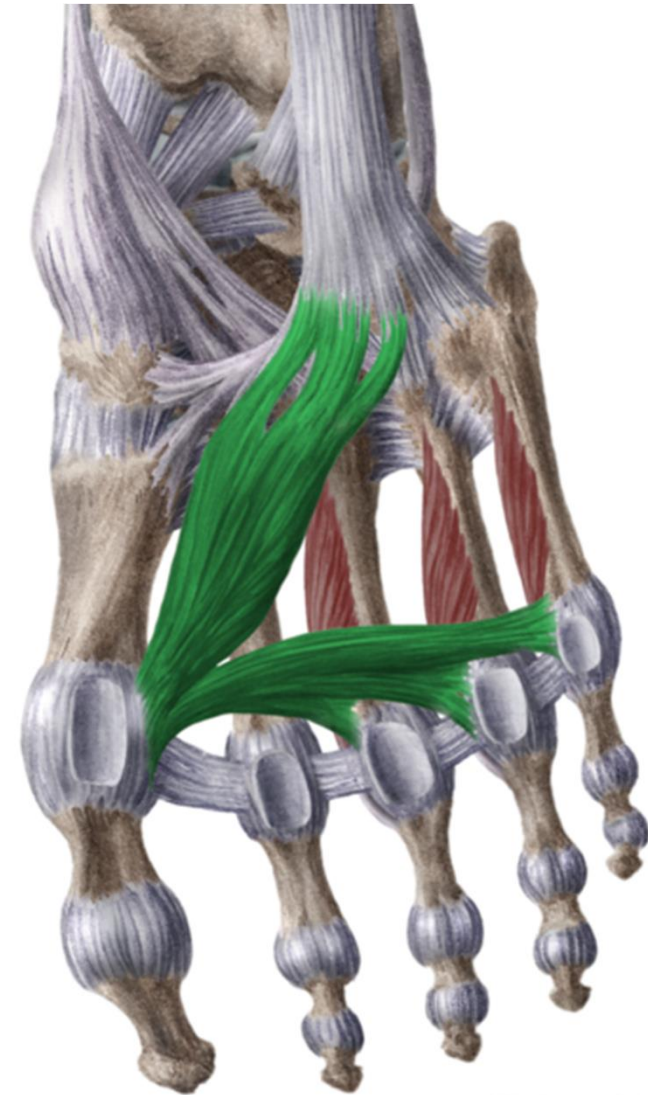
Musculus flexor hallucis brevis

- **ORIGIN:** plantar side of ossa cuneiformia,
- **INSERTION:** sesamoidal bone
- **INERVATION:** n. plantaris medialis
- **FUNCTION:** flexion of big toe



Musculus adductor hallucis

- **ORIGIN:** by two heads- caput obliquum- plantar side of os cuboideum and base of the 4th and 5th metatarsal bone
- caput transversum- plantar side of the 3rd-5th metatarsophalangeal joint
- **INSERTION:** lateral sesamoidal bone
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** adduction of big toe



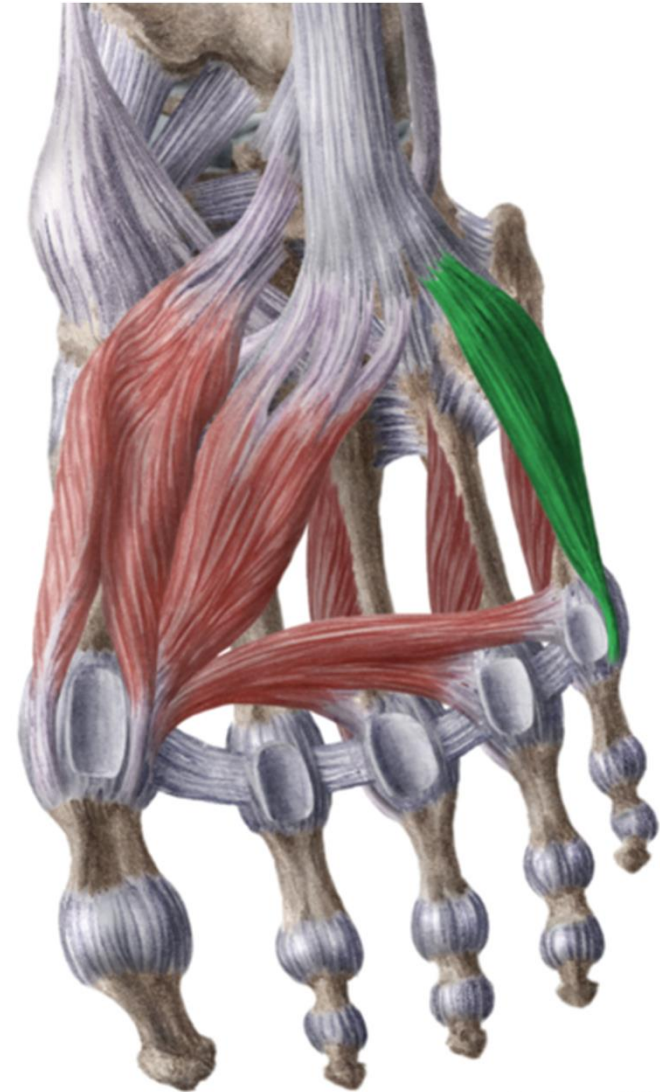
Musculus abductor digiti minimi

- **ORIGIN:** processus lateralis tuberis calcanei
- **INSERTION:** base of proximal phalanx of the 5th toe
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** abduction of the 5th toe



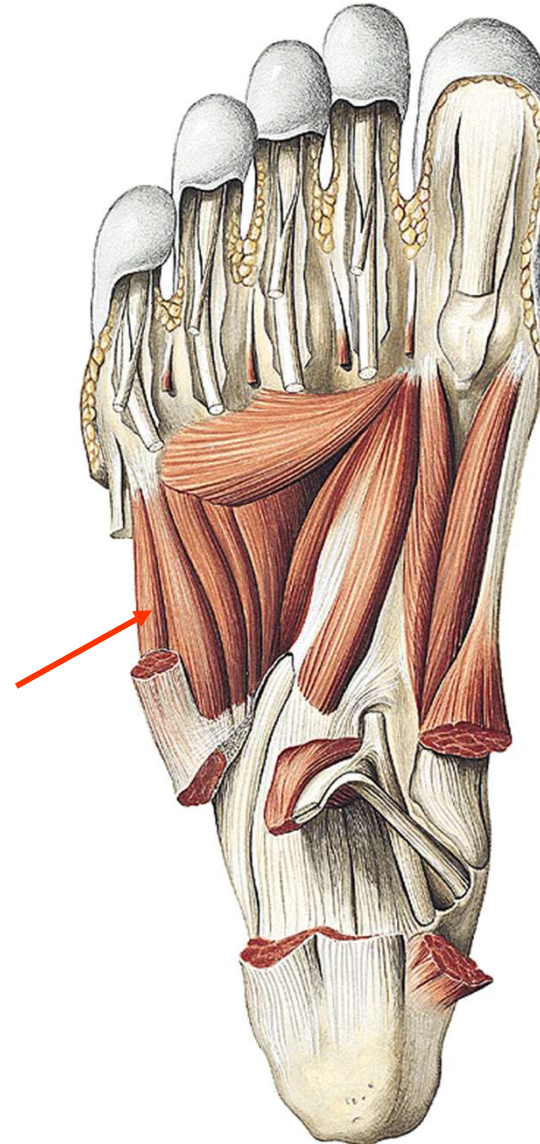
Musculus flexor digiti minimi brevis

- **ORIGIN:** base of the 5th metatarsal bone
- **INSERTION:** base of the proximal phalanx of 5th toe
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** flexion of 5th toe



Musculus opponens digiti minimi

- **ORIGIN:** plantar side of os cuboideum
- **INSERTION:** body of the 5th metatarsal bone
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** mild opposition of the 5th toe



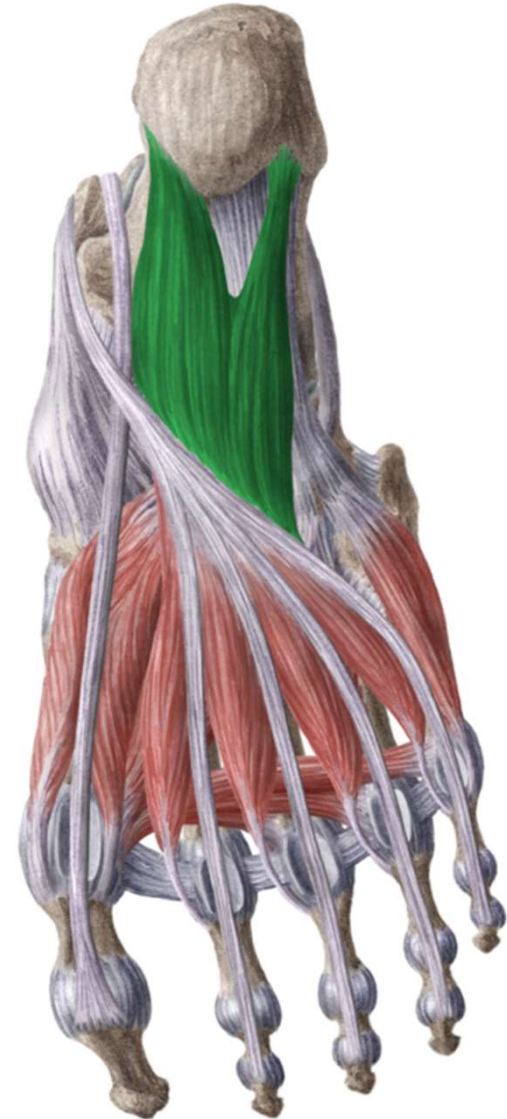
Musculus flexor digitorum brevis

- **ORIGIN:** processus medialis tuberis calcanei
- **INSERTION:** 4 parts to toes with three phalanges, middle phalanx, chiasma tendinum
- **INNERVATION:** n. plantaris medialis
- **FUNCTION:** flexion of proximal and middle phalanx



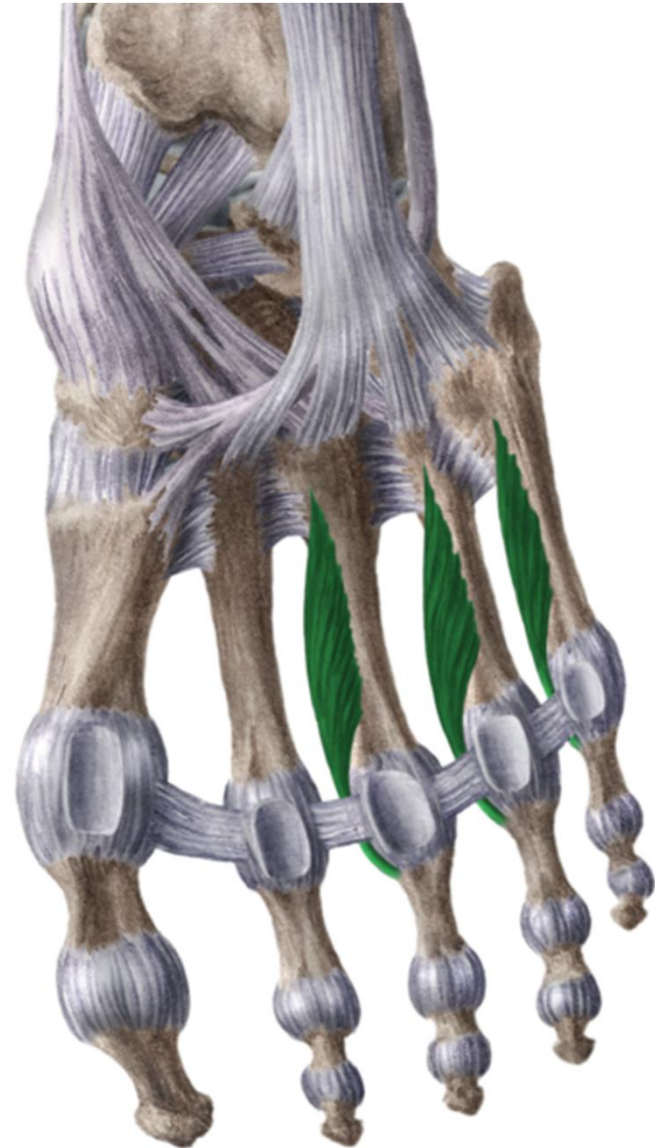
Musculus quadratus plantae

- **ORIGIN:** tuber calcanei
- **INSERTION:** tendon of m. flexor digitorum longus
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** participates in flexion of toes



Musculi interossei plantares (3)

- **ORIGIN:** medial side of the 3th-5th metatarsal bone
- **INSERTION:** medial side of proximal phalanx of 3th-5th toes
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** adduction of the 3th-5th toes, mild flexion of proximal phalanges



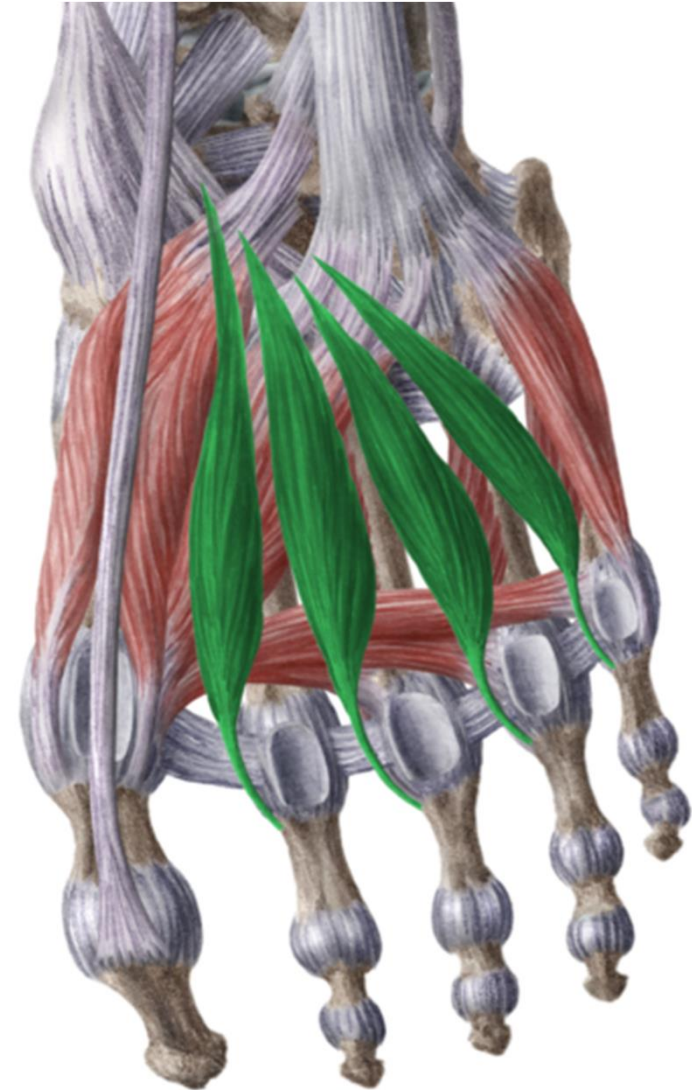
Musculi interossei dorsales (4)

- **ORIGIN:** with two heads on adjacent sides of neighboring metatarsal bones
- **INSERTION:** proximal phalanges of appropriate toes
- **INNERVATION:** n. plantaris lateralis
- **FUNCTION:** abduction of toes, flexio of proximal phalanges



Musculi lumbricales

- **ORIGIN:** tendons of m. flexor digitorum longus
- **INSERTION:** medial side of base of prox. phalanges of the 2nd-5th and to their dorsal aponeuroses
- **INNERVATION:** the 1st and 2nd ones - n. plantaris medialis, the 3rd and 4th - n. plantaris lateralis
- **FUNCTION:** flexion of proximal palanges, inclination of toes to medial side



Thank you for your attention!

Obrázky:

<https://www.kenhub.com>